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Research Article

PHARMACEUTICAL STUDY OF *VISHADANAM TAILA*

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ABSTRACT

The ancient science of Ayurveda had a great emphasis on *Sneha kalpana* which is a pharmaceutical process of preparing oleaginous medicaments like medicated oils and ghee to extract and enhance the therapeutic properties of herbs used both internally and externally. Application of these medicinal oils will help in the nourishment of the *Dhatus* (tissues), improves the digestion, and enhance the body's natural healing processes. *Vishadanam taila* is one such formulation which is mentioned in the *Gadanigraha*, *Tailadhikara* highlighting the method of preparation through the traditional procedure *Bhanupaka* for the management of *Vicharchika*. *Bhanupaka* is a unique form of preparing the medicine under the intense heat of sun rays by enhancing the therapeutic efficacy and preserving the volatile principles of the ingredients. *Kampillaka, Haridra, Daruharidra, Shala niryasa, Guggulu, Chitraka, Vidanga, Vatsanabha* and *Katu taila* are the ingredients. The pharmaceutical procedures involved in this process are *Shodhana*, *Kalka nirmana* and preparation of *Taila*. Total 768ml of *Taila* was prepared with a loss of 18ml in the total product. The present study has been planned to standardize the method of preparation of *Vishadanam Taila* according to the method explained in the classical texts.

INTRODUCTION

Rasashastra and *Bhaishajya Kalpana*, crucial branch of Ayurveda, focus on the preparation of medicines using both herbal and mineral based ingredients, encompassing techniques. *Sneha kalpana* can be administered in various modes of drug administration like *Abhyanga*, *Nasya*, *Pana*, *Vasti* and is a mostly preferable dosage form in the Ayurvedic system of medicine. *Vishadanam taila* is herbal formulation mentioned in *Gadanigraha*, *Tailadhikara* indicated in *Vicharchika*[1]. *Vishadanam taila* contains *Kampillaka Mallotus philippensis), Haridra (Curcuma longa), Daruharidra (Berberis aristata), Chitraka (Plumbago zeylanica), Vidanga (Embelia ribes), Shala niryasa (Shorea robusta), Guggulu (Commiphora mukul), Vatsanabha (Aconitum ferox)* and *Katu taila* (mustard oil)[2].

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The importance of pharmaceutical standardization lies in obtaining the safe and efficacious drug. The standardization of any Ayurvedic drug will starts from the collection of raw materials and ends with the preparation of the final product. Hence in the present study an effort has been made to know the significance of the pharmaceutical procedures and to standardize the preparation of *Vishadanam taila*.

AIM AND ABJECTIVES

The objective of the present research study was:

Pharmaceutical study of *Vishadanam taila.*

MATERIALS AND METHODS

Collection of drugs: The raw drugs like *Haridra*, *Daruharidra*, *Chitraka*, *Vidanga*, *Guggulu*, *Vatsanabha*, *Shala niryasa* were collected from the Vijayawada local market. *Kampillaka* was collected from the Maharashtra local market. *Sarshapa taila* was taken from the Tirupati local market. All the raw drugs were authenticated by the *Dravyaguna* Department of S. V. Ayurvedic College, TTD, Tirupati.

Methods: The entire pharmaceutical study was carried out in five stages.

Stage 1

- Preparation of *Triphala Kashaya*.
- *Shodhana* of *Guggulu*.

Stage 2

- Preparation of *Churnodaka*
- *Shodhana* of *Chitraka*

Stage 3

- *Shodhana* of *Vatsanabha*

Stage 4

- Preparation of *Kalka* of *Kampillaka, Haridra, Daruharidra, Chitraka, Vidanga, Shala niryasa, Guggulu, Vatsanabha.*

Stage 5

- Preparation of *Vishadanam taila*.

Apparatus: *Khalwa yantra*, cloth, iron pan, spoon, tray, stainless steel vessel, measuring jar, gas stove.

Preparation of *Vishadanam taila*

Vishadanam taila was prepared in the PG Department of Rasashastra and Bhaishajya Kalpana, S. V. Ayurvedic College, TTD, Tirupati, Andhra Pradesh.

The ingredients used to prepare are enlisted in the Table 1.

Table 1: Contents of *Vishadanam Taila*

Name of the Ingredient	Quantity
Kampillaka	*1 Pala*
Haridra	*1 Pala*
Daruharidra	*1 Pala*
Guggulu	*1 Pala*
Chitraka	*1 Pala*
Vidanga	*1 Pala*
Shala niryasa	*1 Pala*
Vatsanabha	*2 Pala*
Katu taila	*1 Prastha*

Method of Preparation

Guggulu

Preparation of *Triphala Kashaya*

Dried *Triphala* was taken and made into coarse powder. 8 parts of water was added to it and boiled on mild flame till it gets reduced to 1/4th of the initial quantity. Then it was filtered through a clean cloth. *Triphala Kashaya* was obtained.

Guggulu shodhana was done in *Dola yantra* with *Triphala kashaya* as a liquid media. Physical impurities like sand, stone, leaves etc were first removed from the crude drug. *Guggulu* was crushed into small pieces and then bundled in a piece of cloth and boiled in *Dolayantra* containing *Triphala kashaya*. The boiling was carried out until all the *Guggulu* passes into the *Kashaya* through the cloth. The residue in the bundle was discarded and the *Kashaya* was again boiled till it attains a thicker consistency. Later it was collected and stored in a glass jar smeared with ghee[3].

Chitraka

Preparation of *Churnodaka*

3g of *Sudha churna* was added in 720ml of water and was kept stable for 12 hours. After 12 hours, the lime water became clear and lime sediment (settled) at the bottom. Then clear water was filtered through cotton cloth. *Churnodaka* was obtained.

Chitrakamoola shodhana was done by the *sthapana* method in *Churnodaka*. *Chitrakamoola* was cleansed and were cut into smaller pieces and soaked in *Churnodaka* for 24 hours. Later, these were taken out, washed with lukewarm water and dried under sunlight[4].

Vatsanabha

Vatsanabha shodhana* was done by the *Sthapana* method in *Gomutra

Vatsanabha pieces were taken and cut into small pieces i.e., *Chanaka matra* (size of a Bengal gram) and these were taken in an earthen vessel. *Gomutra* was poured into it, until the pieces of *Vatsanabha* got completely immersed in *Gomutra*. The vessel was kept under sunlight. Next day morning, pieces of

Vatsanabha were taken out and were placed in another earthen vessel. Fresh *Gomutra* was added to these pieces. The procedure was continued for three consecutive days with new vessel and fresh *Gomutra* every day. Fourth day *Vatsanabha* pieces were taken out, the outer layer was peeled off and washed properly with hot water and dried under sun[5].

Kalka

Coarse powders of *Haridra, Daruharidra, Shala niryasa, Chitrakamoola, Vidanga* were taken in equal quantity. *Kampillaka* was added. *Vatsanabha* was taken in double quantity. *Guggulu* was melted and added to the other ingredients. The mixture was made into bolus by adding sufficient quantity of water[6]. *Katu taila* was taken in iron vessel. *Kalka* was added to the *Katu taila*. The vessel should be kept under sunlight[7]. After attaining *Taila paka lakshana* it was filtered, collected and stored in air tight container.

Ashudha Guggulu

Pounded into Pieces

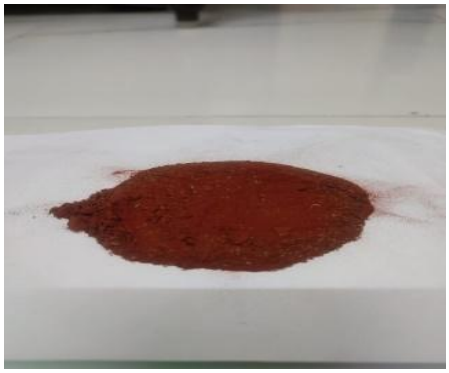
Tied into A *Pottali*

Boiling of *Guggulu* in *Kashaya*

***Kashaya* was Again Boiling**

Reduction of *Kashaya*

Shodhita Guggulu



Kampillaka

Haridra

Daruharidra

Chitraka

Raala

Vidanga

Vatsanabha

Guggulu

Katu Taila

Kalka

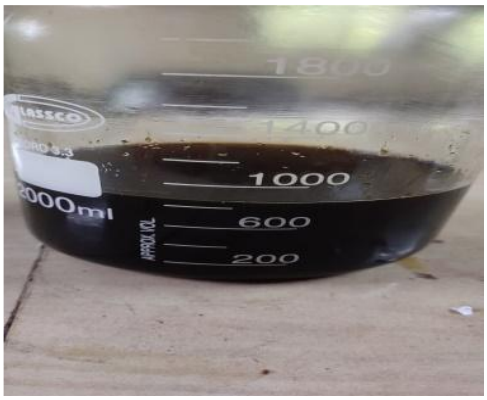
***Katu Taila* Poured in an Iron Pan**

***Kalka* Spread in the Oil**

***Kalka* Gets Dipped in the Oil**

***Taila* Kept Under Sunlight**

Filtration of Oil



Vishadanam Taila

Filling in Bottles

OBSERVATIONS

- Semi solid material was collected from the vessel and the *Kashaya* colour was changed from light brown to dark brown colour in *Guggulu Shodhana*.
- The colour of lime water had turned to dark red color after purification process.
- The colour of *Gomutra* changed from yellow colour to dark brown and the pieces of *Vatsanabha* became soft, brittle and pale.
- Foam was observed during the 4th day.
- *Kalka* formed was fine and the colour of *Kalka* was reddish yellow in colour.
- *Kalka* was soft to touch.

Precautions

- Care should be taken to avoid spillage while pounding the *Guggulu*.
- The *Pottali* should not touch the bottom of the vessel.
- The soaked *Chitrakamoola* should be left undisturbed for 24 hours.
- *During Vatsanabha shodhana*, *Gomutra* should be changed every day and the vessel should be exposed to proper sunlight.
- An iron pan was taken for the preparation of *Taila.*
- *Vishadanam Taila* was transferred into absolute sterile and moisture-free bottles to avoid spoiling.

RESULTS

The obtained results were presented in the following tables.

Table 2: Result of *Shuddha Guggulu*

Initial weight	Final weight	Loss in weight	Loss in %
500	420	80 g	16%

Table 3: Result of *Chitrakamoola Shodhana*

Initial weight	Final weight	Loss in weight	Loss in %
150	140	10g	6.25%

Table 4: Result of *Shodhana* of *Vatsanabha*

Initial weight	Final weight	Loss in weight	Loss in percentage
1 Kg	850 g	150 g	15%

Table 5: Result of preparation of *Kalka*

Initial weight	Final weight	Gain in weight	Gain in percentage
450 g	465 g	15 g	3.3 %

Table 6: Result of preparation of *Vishadanam taila*

Initial quantity of *Taila*	Final quantity of *Taila*	Loss of *Taila*
768 ml	750 ml	18 ml

DISCUSSION

The procedures like washing, soaking, trituration, heating were involved in *Shodhana* and these were carried out in getting the purity of drug.

Guggulu Shodhana was done according to the reference of *Rasa Tarangini*. Monoterpenoids, sesquiterpenoids, diterpenoids, triterpenoids, steroids and flavonoids etc contained in the oleo resin of *Guggulu* extract contribute for anti-inflammatory, anti-oxidant and anti-microbial effects

Shodhana of *Chitrakamoola* was done to remove visible and invisible impurities, to reduce *Tikshnata* and to enhance the therapeutic properties. *Chitrakamoola Shodhana* was done according to the method that was mentioned in *Rasa Tarangini* and was done to remove visible and invisible impurities to reduce *Teekshnata* and to enhance the therapeutic properties. pH of lime water was changed from 11 to 6 which indicates that lime water neutralizes the acidic contents of the roots (plumbaginic acid). It infers that *Chitrakamoola* purification reduces acidic substances from *Chitraka*[8].

Vatsanabha contains an alkaloid called aconite, which is having more toxic effect. *Shodhana* was done for *Vatsanabha* to remove impurities, to reduce the toxicity and to enhance the therapeutic properties. If *Vatsanabha* is administered without *Shodhana*, it may cause *Murcha* (syncope), *Hrut rodhana* (cardiac arrest) which may lead to *Mrutyu* (death), so purification of *Vatsanabha* is necessary before administration. Different methods of *Shodhana* for *Vatsanabha* are explained in classics. One method is *Nimajjana* of small pieces of *Vatsanabha* in *Gomutra*, placed under bright sunlight for 3 days, everyday replacing with fresh *Gomutra*. Dry it on 4th day after removing the outer layer. *Vatsanabha* contains 0.4-0.8% Diterpene alkaloids and the concentration of aconite is between 0.3-2.0%. The major alkaloids are aconitine, pseudoaconitine, diacetyl pseudoaconitine, aconine[9] etc. After *Shodhana* process, the total alkaloid content decreases[10].

Gomutra converts aconite to a compound with cardiac stimulant property, where as raw aconite shows cardiac depressant property[11]. *Vatsanabha* treated by cow's urine on TLC studies have shown that pseudoaconitine and aconitine were converted into far less toxic substances[12]. After *Shodhana*, *Gomutra* became dark in colour, as the toxic substances from *Vatsanabha* were dissolved in it. If toxic symptom s is due to over dose of formulation containing *Vatsanabha* with or without purification in that condition *Tankana Bhasma* (Borax calx) along with *Ghrita* is given is considered as main antidote[13]. The results demonstrate the anti-inflammatory properties of extract and the effects were comparable to diclofenac sodium, a standard non-steroidal anti-inflammatory drug.

Recent researches shown that cow urine has anti-bacterial, anti-fungal, wound healing property. The laboratory analysis of cow urine shows that it contains nitrogen, sulphur, phosphate, sodium, manganese, iron, silicon and chlorine as its mineral contents. Manganese of *Gomutra* prevents growth of germs, tissue necrosis. Gold of *Gomutra* is germicidal and increases immunity.

Kampillaka (*Mallotus philippensis*) contains mainly phenols, diterpenoids, triterpenoids, steroids, flavonoids, coumarins and iso coumarins etc exhibit anti-microbial, anti-oxidant, anti-viral and anti-inflammatory activities.

Temperature plays a vital role in this preparation since impact of temperature on some of the thermolabile ingredients present in the formulation viz., *Kampillaka*, *Haridra*, *Daruharidra*, *Guggulu* needs to be considered otherwise the potency of the end product will be affected. The chemistry of the above herbs gets disturbed and denatured at temperatures 70°C, 80°C, 85°C, 95°C respectively. The temperature recorded during *Bhanupaka* was 46°C. At this temperature the volatile nature of the drugs does not get disturbed and aids in the efficacy of the end product. This indicates the solubility of active principles more into the *Taila*.

CONCLUSION

The unique dosage form of Ayurveda is the *Sneha Kalpana* which is intended to extract the fat soluble and water-soluble active principles from the ingredients into the *Sneha*. The formulation was taken from *Gada Nigraha*, *Tailadhikara*, for treating *Vicharchika*. The procedures adopted were *Shodhana* of *Vatsanabha*, *Guggulu*, *Kampillaka*, *Kalka Nirmana*, Preparation of *taila*. The drug has *Krimighna*, *Kushtaghna*, *Kandughna*, *Vranahara*, *Vrana Ropana*, *Kapha shamaka* properties. The organoleptic studies, physicochemical studies help in assessing the standard of the drug. The pharmaceutical standardization highlights the deep understanding of the principles, preparation, and creating effective remedies. Hence it contributes significantly to preserving and advancing the rich heritage of Ayurvedic medicines.

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